

Secondary Swimming championships

Order of events

Tuesday 17 March 2020, Warm up 7.30am, Commencing 8.00am sharp

All events are timed finals

Event	Gender	Age groups	Distance	Stroke
1	Girls	12 - 14 Yrs	400m	Freestyle
2	Boys	12 - 14 Yrs	400m	Freestyle
3	Girls	15 - 16 Yrs	400m	Freestyle
4	Boys	15 - 16 Yrs	400m	Freestyle
5	Girls	17 - 19 Yrs	400m	Freestyle
6	Boys	17 - 19 Yrs	400m	Freestyle
7	Girls	12 Yrs	200m	Freestyle
8	Boys	12 Yrs	200m	Freestyle
9	Girls	13 Yrs	200m	Freestyle
10	Boys	13 Yrs	200m	Freestyle
11	Girls	14 Yrs	200m	Freestyle
12	Boys	14 Yrs	200m	Freestyle
13	Girls	15 Yrs	200m	Freestyle
14	Boys	15 Yrs	200m	Freestyle
15	Girls	16 Yrs	200m	Freestyle
16	Boys	16 Yrs	200m	Freestyle
17	Girls	17 - 19 Yrs	200m	Freestyle
18	Boys	17 - 19 Yrs	200m	Freestyle
19	Girls	12 Yrs	100m	Breaststroke
20	Boys	12 Yrs	100m	Breaststroke
21	Girls	13 Yrs	100m	Breaststroke
22	Boys	13 Yrs	100m	Breaststroke
23	Girls	14 Yrs	100m	Breaststroke
24	Boys	14 Yrs	100m	Breaststroke
25	Girls	15 Yrs	100m	Breaststroke
26	Boys	15 Yrs	100m	Breaststroke
27	Girls	16 Yrs	100m	Breaststroke
28	Boys	16 Yrs	100m	Breaststroke

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Event	Gender	Age groups	Distance	Stroke
29	Girls	17 - 19 Yrs	100m	Breaststroke
30	Boys	17 - 19 Yrs	100m	Breaststroke
31	Girls	12 - 15 Yrs	50m	Breaststroke Multi-class
32	Boys	12 - 15 Yrs	50m	Breaststroke Multi-class
33	Girls	16 - 19 Yrs	50m	Breaststroke Multi-class
34	Boys	16 - 19 Yrs	50m	Breaststroke Multi-class
35	Girls	12 Yrs	100m	Freestyle
36	Boys	12 Yrs	100m	Freestyle
37	Girls	13 Yrs	100m	Freestyle
38	Boys	13 Yrs	100m	Freestyle
39	Girls	14 Yrs	100m	Freestyle
40	Boys	14 Yrs	100m	Freestyle
41	Girls	15 Yrs	100m	Freestyle
42	Boys	15 Yrs	100m	Freestyle
43	Girls	16 Yrs	100m	Freestyle
44	Boys	16 Yrs	100m	Freestyle
45	Girls	17 - 19 Yrs	100m	Freestyle
46	Boys	17 - 19 Yrs	100m	Freestyle
47	Girls	12 - 19 Yrs	4 x 50m	Medley Relay
48	Boys	12 - 19 Yrs	4 x 50m	Medley Relay
49	Girls	12 - 14 Yrs	200m	Individual Medley
50	Boys	12 - 14 Yrs	200m	Individual Medley
51	Girls	15 - 16 Yrs	200m	Individual Medley
52	Boys	15 - 16 Yrs	200m	Individual Medley
53	Girls	17 - 19 Yrs	200m	Individual Medley
54	Boys	17 - 19 Yrs	200m	Individual Medley
55	Mixed	12 - 19 Yrs	600m	Freestyle Relay KO
56	Girls	12 Yrs	50m	Freestyle
57	Boys	12 Yrs	50m	Freestyle
58	Girls	13 Yrs	50m	Freestyle
59	Boys	13 Yrs	50m	Freestyle
60	Girls	14 Yrs	50m	Freestyle
61	Boys	14 Yrs	50m	Freestyle
62	Girls	15 Yrs	50m	Freestyle
63	Boys	15 Yrs	50m	Freestyle
64	Girls	16 Yrs	50m	Freestyle

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Event	Gender	Age groups	Distance	Stroke
65	Boys	16 Yrs	50m	Freestyle
66	Girls	17 - 19 Yrs	50m	Freestyle
67	Boys	17 - 19 Yrs	50m	Freestyle
68	Girls	12 - 15 Yrs	50m	Freestyle Multi-class
69	Boys	12 - 15 Yrs	50m	Freestyle Multi-class
70	Girls	16 - 19 Yrs	50m	Freestyle Multi-class
71	Boys	16 - 19 Yrs	50m	Freestyle Multi-class
72	Girls	12 Yrs	200m	Freestyle Relay
73	Boys	12 Yrs	200m	Freestyle Relay
74	Girls	13 Yrs	200m	Freestyle Relay
75	Boys	13 Yrs	200m	Freestyle Relay
76	Girls	14 Yrs	200m	Freestyle Relay
77	Boys	14 Yrs	200m	Freestyle Relay
78	Girls	15 Yrs	200m	Freestyle Relay
79	Boys	15 Yrs	200m	Freestyle Relay
80	Girls	16 Yrs	200m	Freestyle Relay
81	Boys	16 Yrs	200m	Freestyle Relay
82	Girls	17 - 19 Yrs	200m	Freestyle Relay
83	Boys	17 - 19 Yrs	200m	Freestyle Relay
84	Girls	12 Yrs	100m	Backstroke
85	Boys	12 Yrs	100m	Backstroke
86	Girls	13 Yrs	100m	Backstroke
87	Boys	13 Yrs	100m	Backstroke
88	Girls	14 Yrs	100m	Backstroke
89	Boys	14 Yrs	100m	Backstroke
90	Girls	15 Yrs	100m	Backstroke
91	Boys	15 Yrs	100m	Backstroke
92	Girls	16 Yrs	100m	Backstroke
93	Boys	16 Yrs	100m	Backstroke
94	Girls	17 - 19 Yrs	100m	Backstroke
95	Boys	17 - 19 Yrs	100m	Backstroke
96	Girls	12 - 15 Yrs	50m	Backstroke Multi-class
97	Boys	12 - 15 Yrs	50m	Backstroke Multi-class
98	Girls	16 - 19 Yrs	50m	Backstroke Multi-class
99	Boys	16 - 19 Yrs	50m	Backstroke Multi-class
100	Girls	12 - 19 Yrs	300m	Freestyle Relay

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Event	Gender	Age groups	Distance	Stroke
101	Boys	12 - 19 Yrs	300m	Freestyle Relay
102	Girls	12 Yrs	100m	Butterfly
103	Boys	12 Yrs	100m	Butterfly
104	Girls	13 Yrs	100m	Butterfly
105	Boys	13 Yrs	100m	Butterfly
106	Girls	14 Yrs	100m	Butterfly
107	Boys	14 Yrs	100m	Butterfly
108	Girls	15 Yrs	100m	Butterfly
109	Boys	15 Yrs	100m	Butterfly
110	Girls	16 Yrs	100m	Butterfly
111	Boys	16 Yrs	100m	Butterfly
112	Girls	17 - 19 Yrs	100m	Butterfly
113	Boys	17 - 19 Yrs	100m	Butterfly
114	Girls	12 - 15 Yrs	50m	Butterfly Multi-class
115	Boys	12 - 15 Yrs	50m	Butterfly Multi-class
116	Girls	16 - 19 Yrs	50m	Butterfly Multi-class
117	Boys	16 - 19 Yrs	50m	Butterfly Multi-class

SECONDARY SWIMMING RULES

1. All Swimming Rules in accordance with N.S.W.A.S.A. except where a specific Sydney East rule applies.
2. Failure to comply with these rules or obey the orders of officials will result in disqualification.
3. ALL EVENTS: are timed finals
4. ENTRY:

St George, Bligh and Eastern Suburbs Zones may enter two competitors per event. Port Hacking and Sutherland Zones may enter three competitors per event. Additional competitors may be nominated if their time at the zone carnival is equal or better than the 5th fastest time from last year's championships. Dead heats for second place will also be included. Heats will be circle seeded.

Entries will NOT be received on the day of the championship. All nominations are to be sent to the swimming convener.

For relay events the criteria listed above also applies. Relay teams shall be school based. Rules for additional entrants apply. Completed relay forms, verified by the School Principal, must be sent to the convenor prior to the carnival.

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The fastest 3 competitors and teams will represent Sydney East at the Combined High Schools Championships on Wednesday 1 April, Thursday 2 April and Friday 3 April 2020 at Sydney Olympic Park Aquatic Centre, Homebush.

5. SWIMMING CAPS: Zone swimming caps may be worn.
6. MARSHALLING: Competitors must report to the marshals as soon as their events are claimed. If competitors have not reported they will risk elimination.
7. METHOD OF STARTING: The check starter shall place each competitor in the correct lane and one half pace behind the starting position.

Competitors mount their starting block on a "whistle blast" blown by the referee.

The starter's commands then shall be:-

- (a) Take your marks - competitors shall immediately take up starting position.
- (b) Hooter.

8. ONE START RULE: The one start rule will apply at the Sydney East secondary championships.

9. COACHING: Once the competitors are in the hands of the officials controlling the event, they are not to receive any coaching or advice. PENALTY - DISQUALIFICATION.

10. JUDGING: Competitors must not leave their lanes at the end of the race until told to leave the water by the presiding referee.

11. IN DISTANCE EVENTS: Competitors who, in the opinion of the championship manager or his appointees are not likely to be placed must withdraw from the water when instructed to do so.

12. PROTESTS: All protests shall be lodged with the Referee of the Championship within fifteen minutes (15) of the conclusion of an event. They must be in writing and submitted by the team manager, who must be a teacher. Protests will be dealt with by the swimming committee. The referee is the sole arbiter on point of law.

13. LIMITATIONS OF EVENTS: A competitor may enter any number of individual events. A competitor may swim in only one 4 x 50m freestyle relay at their own or higher age group.

14. CHAMPIONS: Any individual gaining the greatest aggregate of points in any one age group shall be declared the winner of that age group. The zone gaining the greatest total in all six age groups shall be declared the champion zone.

15. AGE GROUPING: Swimmers must compete in the next older age group only where no event is conducted in their own age group. The relevant age group is determined by the age the swimmer turns during this year.

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16. PROGRAM: The championship manager reserves the right to alter the program if this is deemed necessary.

17. POINT SCORE: Points will be awarded, after times have been ranked from fastest to slowest in all heats, as follows: 1st place = 4 points; 2nd place = 3 points; 3rd place = 2 points; 4th place = 1 point. All points will be doubled for relays. Points will be allocated according to overall times and places.

18. MEDLEY SWIMMING: Individual Medley events: competitor shall swim butterfly, backstroke, breaststroke & freestyle in that order. Medley Teams events: each team shall consist of four members who shall swim backstroke, breaststroke, butterfly & freestyle in that order.

19. SELECTION POLICY:

Students must compete at the Sydney East championships in order to allow them to be considered for selection in the Sydney East team to compete at the state championships, unless they are:

- i) competing at a higher level school sporting competition

In this case, a request for consideration for inclusion in the Sydney East team must be presented to the convener at least one week prior to the Sydney East carnival. This is to be verified/endorsed by the student's Principal and Zone/District convener listing the student's Zone/District performance.

The student's Zone/District performance will be scored against the competitors at the Sydney East carnival. Inclusion in the Sydney East team under these circumstances is subject to meeting the relevant NSWCHSSA entry processes. Submitting a consideration for inclusion does not guarantee inclusion in the Sydney East team.

The athlete making a submission will be notified in writing of the decision as to their inclusion in the Sydney East swimming team prior to the NSWCHSSA swimming carnival.

- ii) the first three place getters will be considered for selection into the Sydney East representative team.

Further details can be obtained from the School Sport Unit website and zone/district website.

Please be aware that the media exposure at this event may result in your child's name, school details and/or photograph appearing in a Newspaper or on the School Sport Unit Website – <https://app.education.nsw.gov.au/sport/>

If you have a concern with this occurring, please contact the team management or Sport Coordination Officer.

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Warm - up procedures

Swimmers will be permitted to warm - up in the competition pool from 7.30am to 7.55am. The following procedures must be observed and the cooperation of all swimmers, coaches and parents is sought in this matter. The warm - up pool (Diving Pool) will be available throughout the day for use by swimmers. However, there is to be NO DIVING into the water or use of the boards.

The 800m freestyle events and the 400m IM will not be swum at the carnival. Competitors are invited to submit times for these events on the application form provided to schools.